


GROUP FITNESS SCHEDULE

STUDIO	
MONDAY	
5:30am	20-20-20
9:30am	*20-20-20
10:45am	*SilverSneakers
4:30pm	Yoga
5:30pm	*TRX Training
6:30pm	*Zumba
7:30pm	*LIFT
TUESDAY	
8:45am	*STEP (45 minutes)
9:30am	*CORE
5:30pm	*Abs & Thighs
6:30pm	*TRX & RIP
7:30pm	*Yoga
WEDNESDAY	
5:30am	LIFT
9:30am	*TRX Interval Workout
10:45am	*SilverSneakers
4:30pm	A.I.S. (Active Isolated Stretch & Roll)
5:30pm	*Tai Chi
6:30pm	*LIFT
7:30pm	*Zumba
THURSDAY	
9:30am	*Yoga
6:30pm	*TRX Training
7:30pm	*Yoga
FRIDAY	
9:30am	*LIFT NEW
10:30am	*TRX Training
5:30pm	Zumba
SATURDAY	
7:15am	LIFT
8:30am	Yoga
9:30am	TRX Training
10:30am	Zumba
SUNDAY	
10:30am	Yoga, 20-20-20, TRX, AIS

SPINNING	
MONDAY	
5:45am	Spinning Ride
8:30am	*Spinning Ride
6:30pm	*Spinning Ride
TUESDAY	
5:45am	Spinning Ride
4:30pm	Spinning Ride
6:30pm	*Spinning Ride
WEDNESDAY	
5:30pm	* FREE Introduction to Spinning & Bike Set-up >45 mins
THURSDAY	
5:45am	Spinning Ride
4:30pm	Spinning Ride
5:30pm	*Spinning Ride
FRIDAY	
5:45am	* BRICK, Spin & Run*
*Please bring cross training foot wear	
SATURDAY	
8:30am	Spinning Ride (rotation)
SUNDAY	
9:15am	Spinning Ride (rotation)
KIDZONE	
MONDAY	8:30am - 12pm & 5:30pm - 8pm
TUESDAY	8:30am - 12pm & 5:30pm - 8pm
WEDNESDAY	8:30am - 12pm & 5:30pm - 8pm
THURSDAY	8:30am - 12pm & 5:30pm - 8pm
FRIDAY	8:30am - 12pm / Closed PM
KIDZONE CHILDCARE RATES	
\$3	Single Hour - Member & Resident
\$4	Single Hour - Non-Resident
\$25	One 10 hour punch card
\$40	Two 10 hour punch card (20 hours total)
NOTE***1st hour FREE for children on an ANNUAL Park Center Membership age 2-9. RESERVATIONS REQUIRED for Infant and RECOMMENDED for all childcare. www.murray.utah.gov	

AQUA FIT	
MONDAY	
8:45am	*Aqua Fit-DEEP
9:00am	*Aqua Zumba -Shallow
6:00pm	*Aqua Fit-Shallow
6:00pm	*Master Swim
TUESDAY	
9:00am	*Aqua Fit-Shallow
WEDNESDAY	
8:45am	*Aqua Fit-DEEP
9:00am	*Aqua Fit -Shallow
6:00pm	*Aqua Fit-Shallow
6:00pm	*Master Swim
THURSDAY	
9:00am	*Aqua Fit-Shallow
FRIDAY	
8:45am	*Aqua Fit-DEEP
9:00am	*Aqua Zumba -Shallow
6:00pm	Master Swim
SATURDAY	
8:00am	Aqua Zumba (45 min)
PRICES	
\$6	Single Class - Member & Resident
\$7	Single Class - Non-Resident
\$40	10 Pack - Member & Resident
\$50	10 Pack - Non-Resident
\$120	3 Month Unlimited - Member & Resident
\$140	3 Month Unlimited - Nonresident
Classes are 50-55 minutes unless noted	
SCHEDULE EFFECTIVE Monday November 1, 2015	
 	
LIKE US ON FACEBOOK	